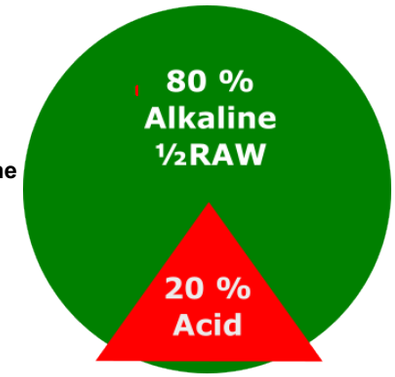
ALKALIZE & LIVE

A healing pH diet is 70 to 80 percent ALKALINE foods - 50% RAW for the enzymes & vitamins, limit sweet fruits, dried fruits are good; and 20 to 30% ACID foods, one half protein - 10% of total. Work slowly toward alkalizing and build on vegetables (salads & steamed vegetables), Limit sweets, yeast, white flour, bread, pasta. You don't need meat every day.

Plan ahead for that junk food treat once a week. Ask yourself often, *how much do you want this to work?*



ALL CAPS » Highest Levels

Use Quick fixes in travel, for short term or as daily Alkalizing pick-me up.

CHEW, CHEW, CHEW: Each mouthful 40-50 times will alkalize most foods

GREEN DRINKS: Wheat or Barley grass, Chlorella & Spirulina (or tabs)

LEMON SQUASH: Juice of 1-2 lemons in 1-2 oz of distilled water

GREENS & LETTUCE: Green salads, greens juiced or steamed

VEGGIE JUICE: Carrot + Celery + Parsley + Spinach

Special Help

APPLE CIDER VINEGAR: 1Tbs, plus 1 Tbs Honey, cap warm water, 3 per day

VEGETABLE SNACKS: Radish, carrot, celery, cucumber, peppers, squash

UMEBOSHI PLUMS: plums, paste, balls, sprinkles, vinegar

MISO BROTH: drink instead of tea

MEDITATION: 2 times / day for stress

BREATGING: Deepbreathing exercises

WATER: Distilled, 7-10 glasses / day

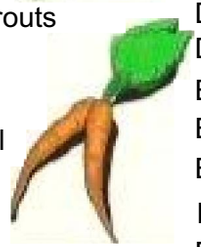
ALKALINE FOODS

Some sources attribute foods to the Acid or Alkaline side. These foods are near neutral or are mildly acidic. Remember variety is the best answer.

Acidophilus
ALFALFA SFRCUTS
Almonds, raw
Apples
Appe cider
Apricot
Asparagus
Artichoke bulb
Avocado

Baking soda
Bamboo shoals
Banana speckled
Bancha tea
BARLEY GRASS
Beans green, all
Bee pollen
Beets
Bernes, most
Blackberry

Bok choy
Brazil ruts
BROCCOLI
Brussels sprouts
Buckwheat*
Buttermilk
Cabbage, all
Cantaloupe
CARROTS



Carob
Cayenne
Cashew Apple
CELERY
Chayotes

Cherimoya
Chili pepper
CHLORELA
Cherries
Chicory
Chives
Cilantro
Cinnamon
Coconut, fresh
Com, sweet, fresh
CUCUMBER
Cultures, probiotic
Currants
Curry
Dandelion greens
Dates
DIAKON radish
Dill
Dulce
Eggplani
Endive
Escarole
Figs, fresh, dried
Flax seeds

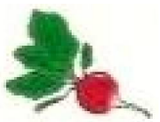
GARLIC

Ginger root
Ginseng lea
Grapes sour
Grapefruit
GREENS, beer, poke, tumip
Mustard, collard, etc
Guava
Herbs & Spices all
Honeydew
Horseradish, raw
Jams, unsugared
Jerusalem artichoke
Jicama
JUICE. GREEN. fresh fruit
Juice, veggie
Kan Kale
KELP
Kiwi
Kohlrabi
Kombu
KUDZU
Kumquat
Lecithin
Leek
Legumes*
LEMON
LETUCE, all green
Lima beans
LIME
loganberry
Maitake Mango
Melons
Milk, goat*
Milk, organic*
Millet
MISO
Mizuma
Molasses
Mu Tea

Mushrooms. Reishi, Shitaki
Nectarine
Nori
Oils: Cold Pressed
(almond, avocado, flax, olive, safflower, sesame, sunflower, walnut)
Oives, dried
Onion, al
Orange
Okra

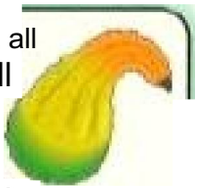
Papaya
PARSLEY all
Parsnip
Peoch, fresh, dried
Peas fresh
Pears
Peppers, all
Pickles, in brine
Pineapple

Plums
Pomegranate
Potatoes
Pumpkin
Quince
Radicchio
RADISH, all
Raisins
Rutabaga



Sake
Salsify
Sapote
Sauerkraut
Scallions
SEA SAT
SEA VEGGIES
SEEDS, raw sesame, sunflower, pumpkin
Sorrel
Soy sauce
Soybeans
Spinach

SPINACH, raw
SPIRULINA
SPROUTS, all



Squash all
Stevia
Strawberry
sweet potato
SWISS CHARD
Syrup, maple, rice
Tamarind
tangerine
Taro
TEA,GREEN,or Herbal
Tempeh
Tofu
Tomato

Turnip
UMEBOSHI PLUM
VINEGAR, apple cider, ume, balsamic, brown rice
Walnuts
WATER, mineral. distilled
Water cress
Watermelon
WHEAT GRASS
Whey, protein
Wine, fruit
Yams
Yogurt, live
Zucchini